

Lorikeet Centre Activity Planner

January 2025

January 2025			
Tuesday	Wednesday	Thursday	Friday
31 Dec	1	2	3
10am Gardening 10.30 Activities 12.30 Lunch 1.30 Members meeting 3.30 Singalong with Danny	Lorikeet Closed due to public holiday – New Years Day	10am Meditation 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with renita	Movies Price (concession) \$13-17 prices depending on movie Details of time and movie selected Wednesday before
7	8	9	10
10am Gardening 10.30 Culture series 11.15 getting to know each other activity 12.30 Lunch 1.30 Pool Comp 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11am Spanish 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair Yoga 11.15 Workshop with Jo 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with renita	Big Brekky Time 11.30 Cost \$5 Must book Activity afternoon
14	15	16	17
10am Gardening 10.30 Culture series 11.15 Boogie Bingo 12.30 Lunch 1.15 Photography with Uli 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Healthy eating 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair yoga 11.15 Hep WA presentation 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with renita	Birthday BBQ celebrations Cost \$5 Come and celebrate Jan Feb march birthdays
21	22	23	24
10am Gardening 10.30 Culture series 11.15 Activity 12.30 Lunch 1.30 Boogie Bingo/categories 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Spanish 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.40 Chair yoga 11.15 Laughter wellbeing 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with renita	Ten Pin Bowling Cost \$5 plus lunch \$8.50 (Hot dog chips and drink) or bring your own Leaving 11.30
28	29	30	31
10am Gardening 10.30 Culture series 11.15 Self Esteem group 12.30 Lunch 1.30 Members Meeting 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Poetry group 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 “Stuff you want to know about” with renita	Activity to be confirmed

Lorikeet have our morning meeting each day at 9.45 -

Everyone is welcome to attend to find out what is happening for the day

Phone 92378951

Lorikeet Centre Activity Planner

February 2025							
Tuesday	4	Wednesday	5	Thursday	6	Friday	7
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Pool comp 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 healthy eating 12.30 Lunch 1.30 Art and craft group		10am Meditation 10.40 Chair yoga 11.15 Laughter yoga 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Movies Price (concession) \$13-17 prices depending on movie Details of time and movie selected Wednesday before	
	11		12		13		14
10am Gardening 10.30 Health and Wellbeing 11.15 Self Esteem group 12.30 Lunch 1.30 boogie Bingo 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15Intro to Spanish 12.30 Lunch 1.30 Art and craft group		10am Meditation 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Day at centre Details closer to the time	
	18		19		20		21
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem group 12.30 Lunch 1.30 Photography Class 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 healthy eating 12.30 Lunch 1.30 Art and craft group		10am meditation 10.40 Chair yoga 11.15 Presentation 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Day at the centre Details closer to the time	
	25		26		27		28
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.15 Members meeting 3.30 Singalong with Danny		10am Walking Group 10.15 Meditation 11.15 Poetry 12.30 Lunch 1.30 Art and craft group		10am Meditation 10.30 Chair yoga 11.15 Laughter Yoga 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita		Ten Pin Bowling Cost \$5 plus lunch \$8.50 (Hot dog chips and drink) or bring your own Leaving 11.30	

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If weather is not suitable for BBQ/outside activities then we will postpone to the following week.

Don't forget to confirm details of the Friday events the day before Phone 92378951

Lorikeet Centre Activity Planner

March 2025			
Tuesday	Wednesday	Thursday	Friday
4	5	6	7
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Pool Comp 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 healthy eating gorup 12.30 Lunch 1.30 Art and craft group	10am Meditation 10.30 Art therapy with Renita 12.30 Lunch 1pm Meditation 1.15 Italian group 2.15 "Stuff you want to know about" with renita	Wellbeing Day Details to come
11	12	13	14
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Boogie Bingo 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Christmas Spanish 12.30 Lunch 1.30 Art and craft group	10am Chair Yoga 10.30 Laughter wellbeing 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita	Nostalgia Box (Near scitech) Cost \$16.50 Lunch to be decided
18	19	20	21
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Photography 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Boogie Bingo 12.30 Lunch 1.30 Art and craft group 3pm Lorikeet closes Due to information session	10am Meditation 10.30 Art therapy with Renita 12.30 Lunch 1.15 Italian group 2.15 "Stuff you want to know about" with renita	Ten Pin Bowling Cost \$5 plus lunch \$8.50 (Hot dog chips and drink) or bring your own Leaving 11.30
25	26	27	28
10am Gardening 10.30 Health and Wellbeing 11.15 self esteem 12.30 Lunch 1.30 Members meeting 3.30 Singalong with Danny	10am Walking Group 10.15 Meditation 11.15 Poetry Group 12.30 Lunch 1.30 Art and craft group	Rottnest Details to be confirmed Centre will be closed	Movies Price (concession) \$13-17 prices depending on movie Details of time and movie selected Wednesday before

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We are still practicing physical distancing at the centre to keep everyone safe. Remember to stay home if you are sick.